

PARTNER.

F.

SIDE OPP. GRASP STRD. TWIST. ST. -  
ARM FLING'G OUT'D UP'D.



F.

WALK 'G FOR 'D + BACK 'W -(6 CTS.) W.  
ARM FLING 'G BTW. FOLD + ARM  
SIDE + T. SPRING 'G (4 TIMES)



F.

LONG SITT. - ARM FLING'G BTW. FOLD  
+ ARM SIDE.



F.

$\frac{1}{2}$  WC. ST. - ALT. FOOT PLACING SIDEW. W.  
SINGLE ARM SWING'G FOR'D + BACK'D  
(2 CTS.) + SINGLE ARM CIRCL'G (5 TIMES)  
6 CTS. EACH SIDE.



F.

STRD. ST. - ARM FLING 'C BTW. X + FLY.



F.

HOKK SITTT. - (HDS. FREE ON FLOOR BESIDE  
KNEES) - ALT. + DOUBLE ARM  
FLING'G FORW'D + UP'D.



F.

STRD. L ST.-W. ARM FLING'G BTW.  
DRAG + STRETCH.



F.

STRD. ST.-ARM FLING'G BTW. X. + FLY  
W. HEEL RAIS'G.



F.

STRY ST. - ARM CIRCLING IN OPP. DIRECTION



F.

STRD. ST.-T. BEND'G DOWN'D (STRIKE FLOOR)  
+ ARM FLING'G BTW. DRAB + STRETCH





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